

A close-up photograph of a person's hand, showing a wristwatch with a dark strap. The hand is positioned on the left side of the frame, with fingers slightly curled. The background is a warm, golden-yellow color, suggesting a sunset or sunrise, with a bright light source creating a lens flare effect. The word "Belief" is written in a large, bold, black font on the right side of the image.

# Belief

I AM A

# Technopreneur and Happiness Coach



TEJASH SHAH



## My Motto

To share Happiness around the world



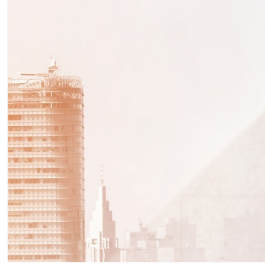
## My Mission

At least make 3 People Happy every day

Belief

**A belief is the  
mental attitude  
that some  
proposition is true.**





How Belief created

We have 2 minds.  
**Subconscious** and **Conscious**.



Subconscious only does execution. It doesn't think, analyze, validate, never apply any logic. It just does execution.

God has created Conscious to think, analyze, validate and apply logic. But here the problem started. Due to this thinking, analysing, validating we started developing Belief. There are some negative beliefs also which we have developed.





A group of children are running through a grassy field. In the background, there are trees with green and yellow leaves, suggesting an autumn setting. The children are in motion, running towards the right side of the frame. The image is partially covered by a green semi-transparent rectangle that contains text.

“

Beliefs are those childhood experiences that you have accepted as the truth.

They are the result of incidents in childhood which we supposedly believed to be true. However, most belief systems are away from the realities of life.

”





## Story of **The Elephant Rope**

# Story of The Elephant Rope

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," the trainer said, "when they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

*The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.*

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

**Failure is part of learning; we should never give up on the struggle in life.**





Finally,  
Belief is a  
**Thought**

### Universe Law

“ It will never be  
**judgmental** and  
**criticism**. It will just  
follow your  
**thoughts** ”



## Good News

We can watch, work and change our beliefs by changing our thoughts

Whatever  
the mind...  
can  
conceive it  
can  
achieve.



Follow the Steps

# Change Belief



Step 1

**Write down all your beliefs**

Step 2

**Decide what core belief you want to change. (Only 1)**

Step 3

**Write down why it's so important for you to change this belief.**

Step 4 - IMPORTANT

**Argue with this belief.**

Step 5

**Create a new, positive, more empowering belief**

Step 6

**Visualize your life in detail when you've changed belief**



## STEP 1: Write down all your beliefs

### Write down all your beliefs

For E.g.

- I can't wake up early or I can't swim, I have a water fear
- I can't be able to reduce my weight. I did everything
- Don't express myself because another person will get hurts.
- I can't say NO even if I want to say NO
- I am not good buyers
- I am not good enough to do anything
- I can't go to shopping alone
- Even my best efforts are not good enough.
- Once someone knows me, they'll lose interest.
- Nobody cares about what I have to say.
- I need to look great to be attractive
- Life is always difficult and unfair to me
- Nobody listens to me unless I shout

Be  
yourself



STEP 2: Decide what core belief you want to change. (Choose any one at a time)

# Decide which belief you want to change it

I can't be  
able to  
reduce my  
weight

OR

I am not  
good  
enough to  
do  
anything



STEP 3: Write down why it's so important for you to change this belief.

Why it's so important for you to change this belief.

For E.g.

- I will be healthy and more attractive. It will gain my confidence. It will reflect each and every area of my life. I will be happy etc...

Write down all the positive thought which you can think if you can overcome from belief

I can't be  
able to  
reduce my  
weight

Be  
yourself

STEP 4: Argue with this belief.

**We have 2 Layer.**  
**Prosecutors** and **Defense.**

Prosecutor is a lawyer who conducts the case against a defendant.

Defense the action of defending from or resisting attack.





# You must become Prosecutor

When your belief said, **I can't be able to reduce my weight.** Then you should become **prosecution** lawyer and show some proof and share with mind. This is possible.

For e.g. You can show the results of your friends or famous personality. Watch videos related to benefits of Video. Counterattack to your thought that if they can do it and enjoy all benefits. I can also do that

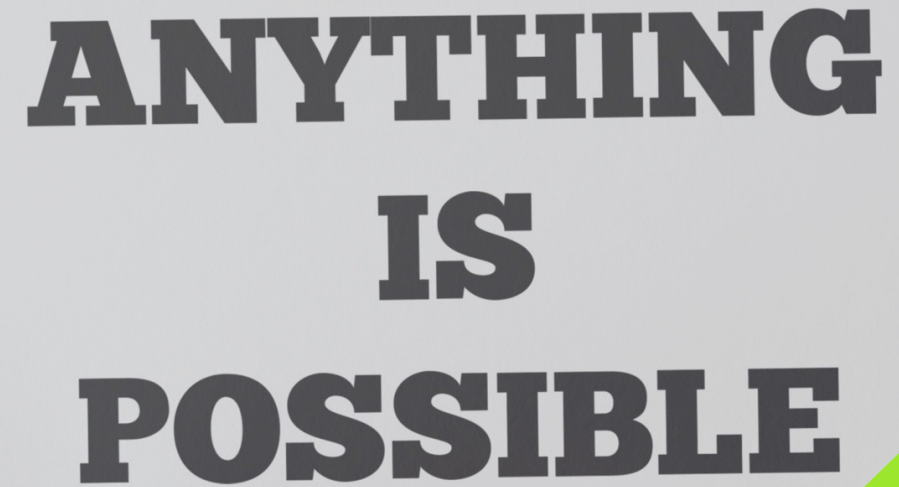


STEP 5: Create a new, positive, more empowering belief

Write down a new, positive, more empowering belief

For E.g.

- I am Slim and Trim; I can run Marathon. My BMI will be under my control



**ANYTHING  
IS  
POSSIBLE**



## STEP 6: Visualize your life in detail when you've changed belief

### Visualize your life in detail when you've changed belief

Seat in comfortable position. Close your eyes and visualise how will be your life once you break your belief.

For e.g.

I am looking Handsome/Pretty. In Party Everyone are watching me. They are appreciating my hard work. Everyone is asking for my secret. How I did it

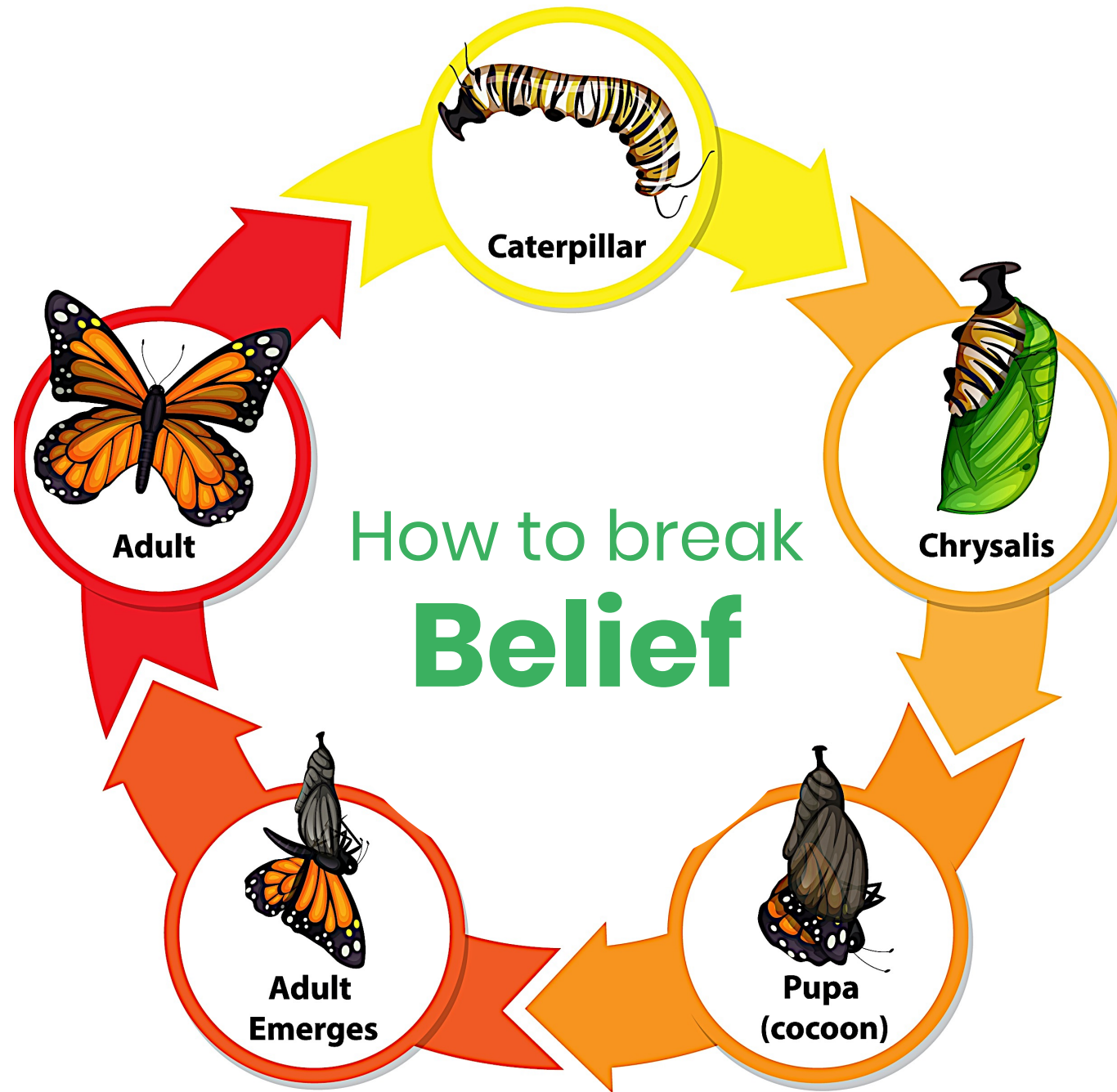




Practices

**Repeat  
Step 3 to 6  
Practices  
Daily**





One simple word  
**Practices**

Any change  
Practices  
consistency  
gives  
**Transformation**



# Thank You

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